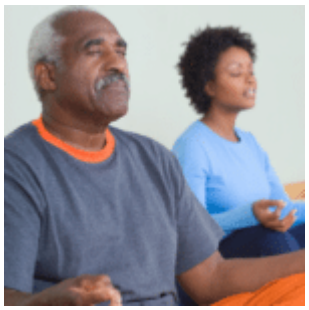
Martha's Table
EDUCATION • FOOD • OPPORTUNITY



Senior Fitness

September 22, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

September 23, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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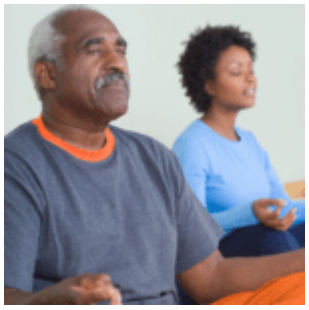

Senior Fitness

September 29, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

September 30, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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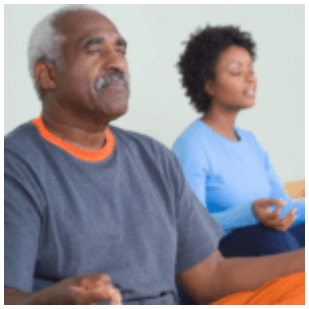

Senior Fitness

October 06, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Martha's Table
EDUCATION • FOOD • OPPORTUNITY

Go-Go Fitness

October 07, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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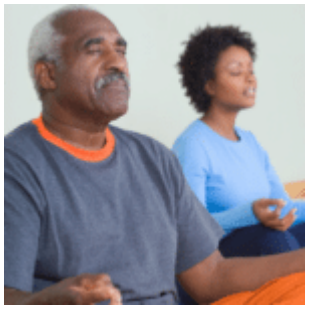

Senior Fitness

October 13, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

October 14, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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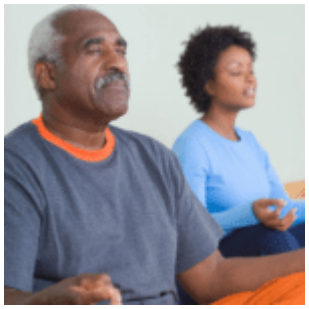

Senior Fitness

October 20, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

October 21, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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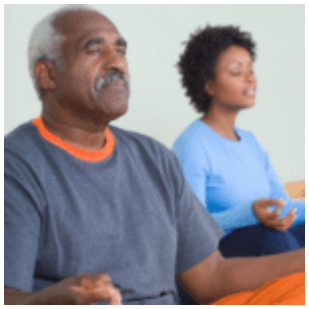
Martha's Table
EDUCATION • FOOD • OPPORTUNITY



Senior Fitness

October 27, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

October 28, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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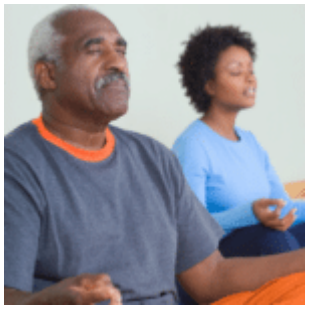

Senior Fitness

November 03, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

November 04, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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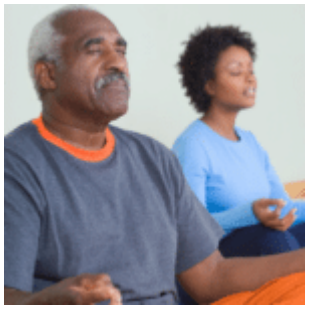

Senior Fitness

November 10, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Martha's Table
EDUCATION • FOOD • OPPORTUNITY

Go-Go Fitness

November 11, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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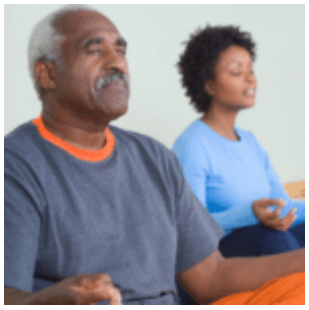

Senior Fitness

November 17, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

November 18, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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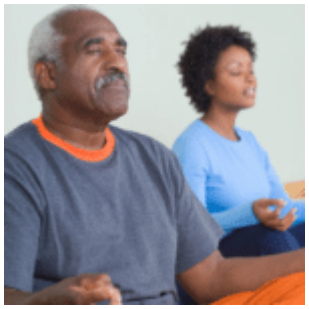

Senior Fitness

November 24, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

November 25, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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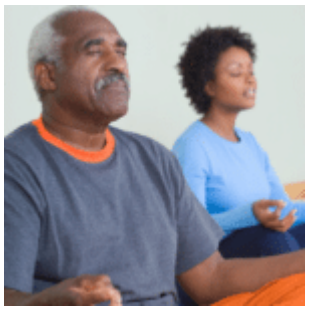
Martha's Table
EDUCATION • FOOD • OPPORTUNITY



Senior Fitness

December 01, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

December 02, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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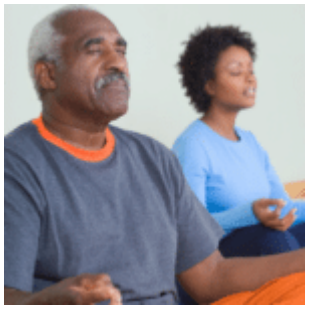

Senior Fitness

December 08, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

December 09, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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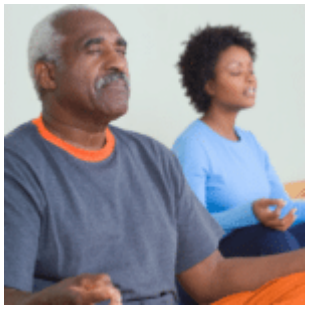

Senior Fitness

December 15, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Martha's Table
EDUCATION • FOOD • OPPORTUNITY

Go-Go Fitness

December 16, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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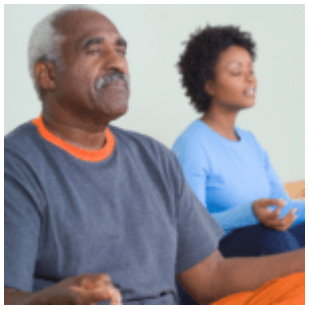

Senior Fitness

December 22, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

December 23, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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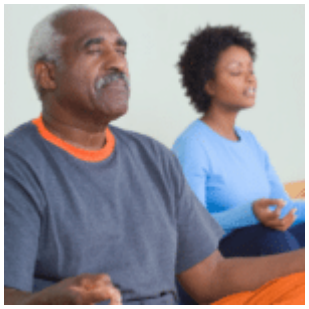

Senior Fitness

December 29, 2026 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.

Go-Go Fitness

December 30, 2026 at 7:00 pm

2375 Elvans Road SE, Washington DC, 20020

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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